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# Friday Beat

## July 27, 2007 Edition

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For additional resources on these topics and others related to school health education and services, visit the School Health Program web site at [www.dshs.state.tx.us/schoolhealth](http://www.dshs.state.tx.us/schoolhealth)

### *Quote to Note:*

*"Obstacles are those frightful things you see when you take your eyes off your goal."*

--Henry Ford

### *Program Notices and Postings:*

#### **Have a Safe Weekend!**

### *Upcoming Conferences/Meetings/Professional Development:*

#### **2007 Minority Women's Health Summit—Washington DC—August 23-26, 2007**

The 2007 Minority Women's Health Summit, "Women of Color: Addressing Disparities, Affirming Resilience, and Developing Strategies for Success," will focus on health disparities among women of color living in the United States. The goal of this summit is to build on knowledge gained in previous conferences and identify distinct health issues disproportionately impacting minority women. The summit will offer skills-building workshops where participants will be given the resources to better reach their target populations. Over 500 participants, including community- and faith- based organizational leaders, public health advocates, and minority women's health coalition directors, are expected to attend. For more information, please visit [www.4women.gov/mwhs](http://www.4women.gov/mwhs).

#### **Link Up Greater Houston!—Houston, Texas—October 20, 2007**

The Texas Association of Partners in Education (TAPE), YMCA of Greater Houston, and the City of Houston are sponsoring "Link Up Greater Houston!" conference at the George R. Brown Convention Center. This conference will use the 40 Developmental Assets framework and show the benefit of asset development in Houston. Conference attendees include parents, community partners, civic leaders, school delegations, school leadership, middle/high school youth, and many more. For more information on this conference, please visit [www.tape.org/pdfs/linkup07.doc](http://www.tape.org/pdfs/linkup07.doc).

#### **2007 TASB/TASA Convention—Dallas, Texas—September 28-30, 2007**

The Texas Association of School Boards (TASB) and the Texas Association of School Administrators (TASA) will have their annual convention at the Dallas Convention Center in Dallas, Texas. This convention offers school board members and school administrators the opportunity to earn more than 16 hours of continuing education credit, hear outstanding keynote speakers, explore a tradeshow with hundreds of exhibitors, and network with more than 6,000 public school officials. For more information, please visit [www.tasa.tasb.org](http://www.tasa.tasb.org).

### *Health Education:*

### **Abstinence-Only Education: The Debate Goes On...**

*The Case for a New Approach to Sex Education Mounts: Will Policymakers Heed the Message?*, an article about the debate on the subject of abstinence-only sex education programs, is featured in the Spring 2007 Guttmacher Institute's State News Quarterly. The article is available at [www.guttmacher.org/pubs/gpr/10/2/gpr100202.pdf](http://www.guttmacher.org/pubs/gpr/10/2/gpr100202.pdf).

### **Healthy and Safe School Environment:**

#### **Grants to Address Youth Violence and Related Issues in Persistently Dangerous Schools Program—Deadline: August 8, 2007**

The Office of Safe and Drug-Free Schools is offering 13 grants through the Grants to Address Youth Violence and Related Issues in Persistently Dangerous Schools Program. These grants support the implementation of programs, activities, and strategies that address youth violence and related issues in local educational agencies (LEAs) with schools that have been identified as persistently dangerous for school year 2006-2007. For more information, please visit the Federal Register announcement at [www.ed.gov/legislation/FedRegister/announcements/2007-3/070907a.pdf](http://www.ed.gov/legislation/FedRegister/announcements/2007-3/070907a.pdf). To download the application package, please visit [www.ed.gov/programs/persistentdanger/applicant.html](http://www.ed.gov/programs/persistentdanger/applicant.html).

### **Counseling and Mental Health Services:**

#### **School and Diabetes**

Being at school with diabetes does not mean that you are all alone. For more information on finding out how coaches, teachers, and the school nurse can help you while you are at school, please visit [www.kidshealth.org/kid/managing\\_diabetes/living/school\\_diabetes.html](http://www.kidshealth.org/kid/managing_diabetes/living/school_diabetes.html)

### **Parent and Community Involvement:**

#### **BodyWorks: A Toolkit for Healthy Girls and Strong Woman**

The Office on Women's Health, the U.S. Department of Health and Human Services has developed *BodyWorks: A Toolkit for Health Girls and Strong Woman*. The program is designed to help parents and caregivers of young adolescent girls (ages 9 to 13) improve family eating and activity habits. Using the BodyWorks Toolkit, the program focuses on parents as role models and provides them with hands-on tools to make small behavior changes to prevent obesity and help maintain a healthy weight. For more information on this FREE program, please visit [www.womenshealth.gov/BodyWorks/index.cfm](http://www.womenshealth.gov/BodyWorks/index.cfm).

### **Health Services:**

#### **Free Diabetes Guide for School Personnel**

The US Department of Health and Human Services and the National Diabetes Education Program have developed *Helping the Student with Diabetes Succeed: A Guide for School Personnel*. This comprehensive resource guide was developed to empower school personnel to help ensure a safe learning environment and equal access to educational opportunities for students with diabetes. The Guide is available for download as a PDF file at [www.ndep.nih.gov/diabetes/pubs/Youth\\_NDEPSchoolGuide.pdf](http://www.ndep.nih.gov/diabetes/pubs/Youth_NDEPSchoolGuide.pdf) or a single copy may be ordered for FREE at [www.ndep.nih.gov/diabetes/pubs/catalog.htm#PubSchoolPer](http://www.ndep.nih.gov/diabetes/pubs/catalog.htm#PubSchoolPer).

### **Staff Wellness Promotion:**

#### **Physical Activity at Work**

The Alberta Centre for Active Living has a website that is designed to help employers, employees, workplace wellness coordinators and human resources advisors improve their workplace by encouraging physical activity before, during and after work. Some of the site features include: a step-by-step guide to planning workplace physical activity; Yoga @ Your Desk videos (in English and French); The health and bottom-line benefits of bringing physical activity into the workday; program ideas: practical ways to make physical activity possible in your workplace, etc. To access the website, please visit [www.centre4activeliving.ca/workplace](http://www.centre4activeliving.ca/workplace).

### **Physical Education:**

#### **\$20 Million Available to Help Kids Get Fit**

In the continued fight against childhood obesity, Texas Comptroller Susan Combs this week offered the state's public schools and charter schools an opportunity to receive \$20 million in grants. Over the next two years the grant will support in-school physical education, nutrition and fitness programs for students in grades 6, 7 and/or 8. Combs announced the new Texas Fitness Now grant program, aimed at middle school students attending schools where enrollment is at least 75 percent economically disadvantaged. For more information on the Texas Fitness Now grant program, please visit [www.window.state.tx.us/education/txfitness](http://www.window.state.tx.us/education/txfitness).

### ***Nutrition Services:***

#### **School Based Interventions to Prevent Obesity Grant—Deadline: October 16, 2007**

This funding opportunity announcement encourages the formation of partnerships between academic institutions and school systems in order to develop and implement controlled, school-based intervention strategies designed to reduce the prevalence of obesity in childhood. For more information, please visit [www.egrants.net/Public/index.cfm?ID=9017&UserID=sro03](http://www.egrants.net/Public/index.cfm?ID=9017&UserID=sro03).

#### **2008 Youth Garden Grants—Deadline: November 1, 2007**

The National Gardening Association's 2008 Youth Garden Grants support school and youth garden programs that teach nutrition and address hunger in the United States. To be eligible for the 2008 Youth Garden Grant, a school or organization must plan to garden in 2008 with at least fifteen children between the ages of 3 and 18. The selection of winners is based on the demonstrated relationship between the garden program and nutrition and hunger issues in the U.S. For more information, please visit [www.kidsgardening.com/YGG.asp](http://www.kidsgardening.com/YGG.asp).

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External links to other sites appearing in the Friday Beat are intended to be informational and do not represent an endorsement by the Department of State Health Services. These sites may also not be accessible to people with disabilities. External email links are provided to you as a courtesy. Please be advised that you are not emailing the DSHS and DSHS policies do not apply should you choose to correspond. For information about any of the programs listed, contact the sponsoring organization directly. For comments or questions about the Friday Beat, contact Laurie Anderson, information listed below.

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